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PROBLEMS OF THE TRAINING PROCESS STRUCTURE OF YOUNG MIDDLE DISTANCE RUNNERS

Alimov Tojiddin Yakhshiboyevich
Lecturer at the Pedagogical Institute of Termez State University

Annotation: The article presents the data obtained during the survey of coaches in cross-country athletics on the issue of strength and speed strength training in this kind of athletics. It is noted that when constructing the annual cycle of training young runners for middle distances at the stage of initial sports specialization, the issues of strength and speed-strength training have not been studied enough: their place in the training process has not been determined, the methodology for using means of speed-strength training and the dependence of the selection of exercises have not been clarified. on the level of preparedness of athletes.

Keywords: athletics, sports training, middle-distance running, speed-strength training.

Introduction. The current state and development of the world level of middle-distance running is characterized by an increase in the level of sports results, an earlier sports specialization of future runners, and an improvement in all forms and methods of their long-term training [1].

At the same time, in recent decades, the Uzbek runners have been chronically lagging behind the world elite, which is associated with an insufficiently effective method of training sports reserves, in particular, with the content and methods of training at the initial stages of the formation of a sports reserve, the complex formation of significant physical properties [2, 3, 4].

Attention is drawn to the fact that many leading experts of both past years and the present, rightly pointed out the great importance for the future sportsmanship of middle-distance runners in the development of a high level of speed abilities, that is, speed-strength physical qualities, believing that it is such orientation of the training process can ensure success in this kind of athletics [5, 6, 7, 8].

However, in the practice of track and field athletics, the nature and magnitude of speed-strength loads in the training of young middle-distance runners, especially at the initial stages of athletes' training, are still considered ambiguous and contradictory, which, in our opinion, requires its scientific clarification [9, 10] .

For a deeper and more comprehensive study of the problem of educating the speed-strength qualities of middle-distance runners, we conducted a questionnaire survey of coaches and specialists in middle-distance running [11, 12]. The purpose of the survey was to study the existing views on the problem of interest to us. In total, 50 specialists working with young middle-distance runners took part in the discussion of the problem.

The questionnaire contained a question on the following topics: what physical qualities should be developed at the stage of initial specialization of middle-distance runners; what effective means should be used for this; what should be the parameters of the training load, their distribution in the annual stage of training; what methods of sports training should be used at this stage of training [13, 14].

When answering the question: “What physical qualities should be developed at the stage of initial specialization of middle-distance runners? the following answers were received: 54% of respondents

put special speed endurance in the first place; 30% - endurance; 20% - speed; 8% - believe that at this stage of training it is necessary to solve other training tasks (psychological training, technical and tactical). All experts (100%) agreed on the need for a comprehensive education of physical qualities, taking into account the age characteristics of young runners [15, 16].

When answering the question: “What training means do you use to develop the basic physical qualities of young middle-distance runners?”, the respondents were also unanimous in their opinion that in order to develop the physical qualities of young middle-distance runners, it is necessary to use running in various zones of intensity , complexes of special exercises, sports and outdoor games of various directions, complexes of general physical training, less often - exercises with weights, running in burdened conditions, including running uphill, with burden, on the sand.

The survey revealed different attitudes of specialists to the volume of training loads. In response to the question: “What should be the volume of running loads in the annual cycle in terms of their intensity?”, We received the following answers: the total amount of running load per year should be 1600 - 2150 km (on average 2000 km); aerobic loads should be 1700-1900 km (average 1850 km); aerobic-anaerobic loads should be 180 - 250 km (average 200 km); anaerobic loads in terms of their volume should be from 100 to 120 km per year, that is, no more than 7% of the total volume.

The majority of respondents in terms of the distribution of the volume and intensity of the running load in the annual training cycle spoke in favor of the development of aerobic abilities of 80-90% of the load from the total running volume; 10% aerobic-anaerobic running exercises and about 5% anaerobic running loads.

Regarding the distribution of the volume and intensity of speed-strength training in the annual training cycle, they spoke: 80% answered in favor of a year-round uniform distribution, which, in their opinion, contributes to the implementation of training loading without overstrain and injuries; 20% could not give direct answers.

Many coaches found it difficult to answer the question about the volume and intensity of training tools that are used to develop strength and speed-strength qualities. It was found that some of them adhere to a certain system in the development of these qualities of their athletes, while using the time in the training session, free from running training. It should be noted that a differentiated approach is not always used in the dosage of the training load, taking into account the pace and characteristics of the puberty of young athletes, sensitive periods.

Of the methods that coaches use at the stage of the initial sports specialization of middle-distance runners for the development of endurance, the uniform method of sports training prevails. For the development of other physical qualities, more than 90% of respondents identified as the main repeated method.

Attention is drawn to the discrepancy between the opinions of specialists on the real running work in this form, especially anaerobic work. So, in real educational and training work, much less total training volume of running is performed, the relative volume of running in anaerobic mode is reduced.

Conclusion. It can be noted that when building a summer training cycle for young middle-distance runners at the stage of initial sports specialization, the issues of strength and speed-strength training have not been studied enough: their place in the training process has not been determined, the methodology for using means of speed-strength training has not been clarified. the dependence of the selection of exercises on the level of preparedness of students.

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